

5 WHAT IS CLAIMED IS:

1. A support apparatus with interchangeable inserts, the support apparatus, comprising:

10 an elongate body having a first side and a second side disposed opposite the first side, the first side having a hook and loop fastening surface disposed thereon, the elongate body having a first end and a second end opposite the first end, the first and second ends capable of being attached to each other so that the 15 body can be disposed in end-to-end fashion;

20 at least one insert having a first side and a second side opposite the first side, the second side having a hook and loop fastening surface capable of cooperating with the hook and loop fastening surface on the elongate body.

2. The apparatus of Claim 1, further comprising:

25 at least one strap attached to the body at a first end of the strap and having a free second end disposed opposite the first end, the second end having a hook and loop fastening surface disposed thereon, the strap having a cooperating hook and loop fastening surface disposed between the first and second end.

30 3. The apparatus of Claim 2, further comprising:

an anchoring ring attached to the body.

4. The apparatus of Claim 1, wherein the first side of the insert has a plurality of projections.

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5. The apparatus of Claim 1, wherein the insert is hollow such that a cavity is formed therein.

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5 6. The apparatus of Claim 5, wherein a gel is disposed
in the cavity.

7. The apparatus of Claim 5, wherein a liquid is
disposed in the cavity.

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8. The apparatus of Claim 5, wherein a solid material
is disposed in the cavity.

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9. The apparatus of Claim 1, wherein the insert
comprises a sheet of absorbent material.

10. The apparatus of Claim 1, wherein the insert
comprises a magnet.

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11. The apparatus of Claim 1, wherein the insert
comprises a perforated material.

12. A support apparatus with interchangeable inserts,
the support apparatus, comprising:

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an elongate body having a first side and a second
side disposed opposite the first side, the first side
having a hook and loop fastening surface disposed
thereon;

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at least one strap attached to the body at a first
end of the strap and having a free second end disposed
opposite the first end, the second end having a hook and
loop fastening surface disposed thereon, the strap
having a cooperating hook and loop fastening surface
disposed between the first and second end;

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an anchoring ring attached to the body; and,

at least one insert having a first side and a
second side opposite the first side, the second side
having a hook and loop fastening surface capable of

5 cooperating with the hook and loop fastening surface of
the elongate body.

13. The apparatus of Claim 12, wherein the first side
of the insert has a plurality of projections.

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14. The apparatus of Claim 12, wherein the insert is
hollow such that a cavity is formed therein.

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15. The apparatus of Claim 14, wherein a gel is
disposed in the cavity.

16. The apparatus of Claim 14, wherein a liquid is
disposed in the cavity.

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17. The apparatus of Claim 14, wherein a solid material
is disposed in the cavity.

18. A support apparatus with interchangeable inserts,
the support apparatus comprising:

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a base member shaped to conform to the hand of a
user, the base member having a first side and a second
side disposed opposite the first side, the first side
having a hook and loop fastening surface disposed
thereon;

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at least one strap for attaching the base member to
the hand of the user; and,

at least one insert having a first side and a
second side opposite the first side, the second side
having a hook and loop fastening surface capable of

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cooperating with the hook and loop fastening surface of
the elongate body.

19. The apparatus of Claim 18, wherein the first side
of the insert has a plurality of projections.

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20. The apparatus of Claim 18, wherein the insert is hollow such that a cavity is formed therein.

10 21. The apparatus of Claim 20, wherein a gel is disposed in the cavity.

22. The apparatus of Claim 20, wherein a liquid is disposed in the cavity.

15 23. The apparatus of Claim 20, wherein a solid material is disposed in the cavity.

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